health
Lloydspharmacy

Digital Pedometer

User Manual

Model - GY6000

health

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General Features

4 display modes

- There are 4 different modes of display :-

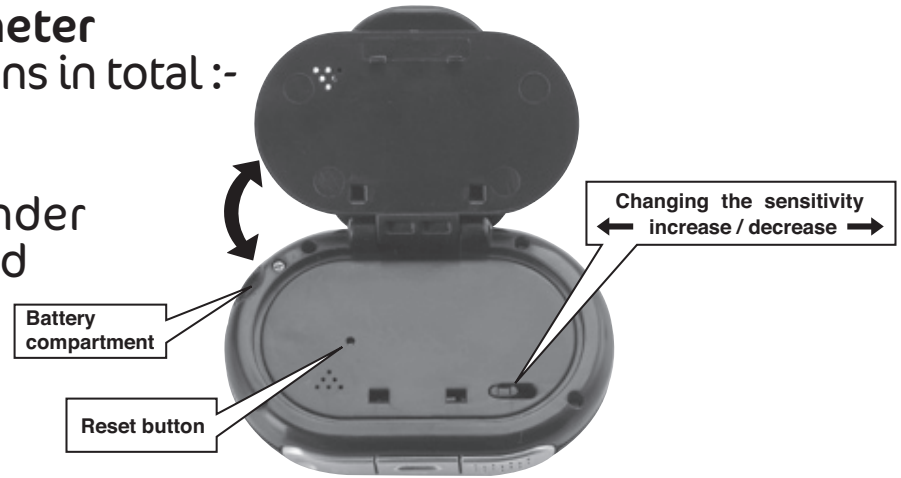
(i) “Step count & kcal” mode,
(ii) “Step & Target step reminder” mode ,
(iii) “Distance & Stopwatch” mode,
(iv) “Alarm & Time” mode.

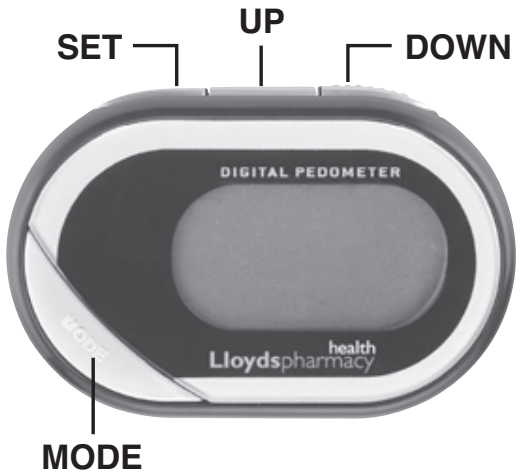
7 functions pedometer

- There are 7 functions in total :-
  - Step counter
  - Calories burnt
  - Target step reminder
  - Distance travelled
  - Stop watch
  - Alarm
  - Time

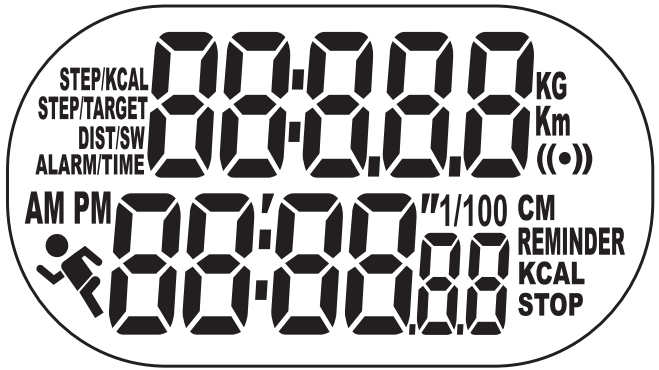
Key description

There are 4 buttons on the unit:-
[MODE] button
[SET] button
[UP] button
[DOWN] button





LCD Display



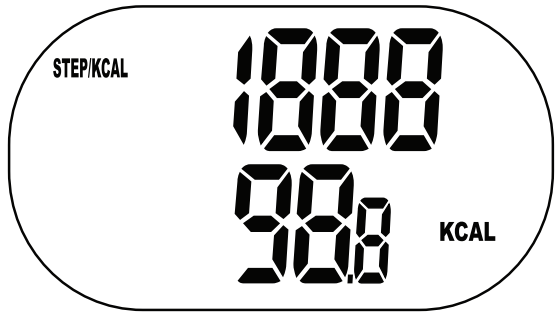
Function and Mode Descriptions

A) Default Settings

- When the unit is turned on, the default display screen is the STEP/KCAL screen which are both at 0.
- The default STEP/TARGET screen is set at 0 steps and 1000 target reminder
- The default DIST/SW screen is set at 0.00Km and 00’00”00STOP
- The default ALARM/TIME screen is set at 12:00A (with the daily alarm disabled) and 12:00:00 AM
- The default stride length is 60cm and weight default is 60kg
- Please reset the unit before initial use or after changing the battery.

Function and Mode Descriptions

B) "Step count & kcal" display mode



- The unit will show the step count in the first line of display and calories (kcal) burned in the second line.

- "Step/kcal" icon will turn on.

- Press and hold [Set] key to set weight and stride length.

Weight and Stride Setting:

- Weight mode will flash for adjustment.
- Press [UP] or [DOWN] to advance/decrease the weight digits. Hold the button for fast scrolling.
- Press [SET] key to change to the stride length setting.
- Press [UP] or [DOWN] to advance/decrease to the stride digits. Hold the button for fast scrolling.
- Press set to confirm.

Function and Mode Descriptions

Weight Conversion Chart.
1 Stone = 14lbs 1 Stone = 6.350Kg

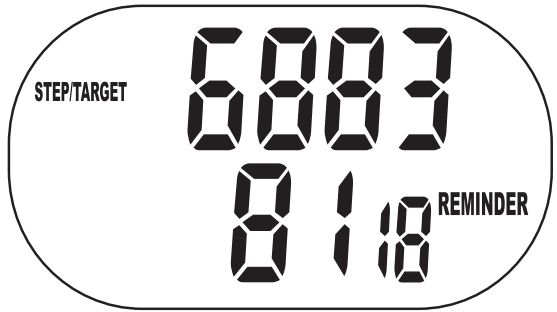
STONES	POUNDS	KILOGRAMS
8	112	51
9	126	57
10	140	64
11	154	70
12	168	76
13	182	83
14	196	89
15	210	95
16	224	102
17	238	108

STONES	POUNDS	KILOGRAMS
18	252	114
19	266	121
20	280	127
21	294	133
22	308	140
23	322	146
24	336	152
25	350	159
26	364	165

Auto- return: If no key is pressed for 90sec, the unit will auto-return to the Step & kcal display.
To reset the step count, kcal count and distance travelled to 0, press and hold the [UP] button for 2 seconds. This will not reset other information such as the time, alarm and target steps. This can only be done when the unit is in the Step /kcal mode.
- Press [MODE] button to go to step and target step reminder display mode.

Function and Mode Descriptions

C) "Step & Target step reminder" display mode



- The unit will show the step count in the first line of display and step reminder in the second line.

To set the Target Step Reminder.

- Press [SET] button to enter the Target step reminder setting mode.
- Press [UP] or [DOWN] to set your desired target step reminder, using the [SET] key to move to the next digit.
- If the user inputs "00000", the target step reminder will be turned off and the " **REMINDER** " icon will not show.

- When the target steps are reached the alarm will sound for 5 seconds. To switch alarm off, press the set/mode/up or down button.
- While the alarm is sounding the unit will continue to count your steps.

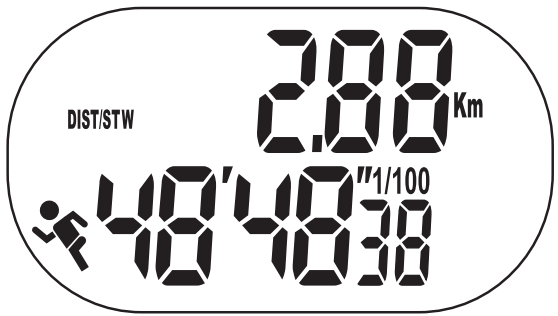
- Auto-return: If no key is pressed for 90 seconds, the display will return to step & target setting.

Function and Mode Descriptions

Changing the sensitivity of the Digital Pedometer – Open the back of the unit and slide the sensitivity switch to increase/decrease the sensitivity of the pedometer. (refer to 'General Features' on page 2)

- Press [MODE] button to go to distance & Stop watch display mode.

D) "Distance & stopwatch" display mode



- The distance travelled will be shown in the first line and the stopwatch in the second line.

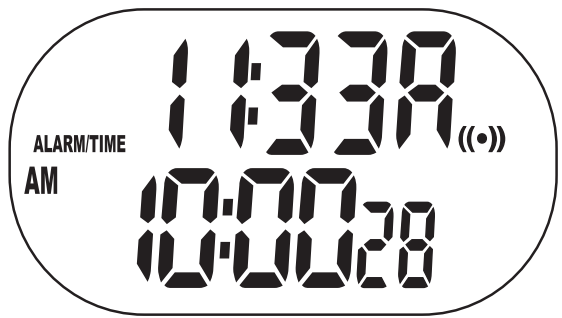
- Using the Stopwatch.
- Press [SET] to start the stopwatch. The “ ” icon will flash on the LCD screen.
- Press [SET] again to stop the stopwatch. The “Stop” icon will be displayed.
- Press [UP] to reset the stopwatch back to zero.

- The stopwatch counting range is from 00’00”00 to 99’59”99. Once the counter reaches 99’59”99 it will start again from 00’00”00.

- Press [MODE] button to go to Alarm & time Mode.

E) “Alarm & Time” display mode.

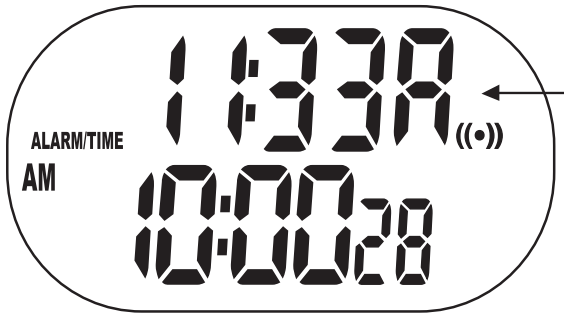
- The alarm time will be displayed in the first line and the time in the second line.



Function and Mode Descriptions

Alarm setting mode:
- Press and Hold [SET] key for approximately 3 seconds to enter the Set Alarm Mode.

e.g. Alarm in 12 hour format:



A: represent AM
P: represent PM

Alarm Time Setting:
- The hour digit will flash for adjustment.
- Press [UP] or [DOWN] to advance/decrease the hour digits.
- Press [Set] key to change to the Alarm Minute setting and use the [UP] and [DOWN] buttons to advance/decrease the minutes.
- Press [SET] to confirm.
- Press [UP] or [DOWN] key to alternate between Alarm ON/OFF.
- When the alarm is on, ((•)) will be displayed.

Function and Mode Descriptions

The Alarm will sound for 20 seconds or until the user presses [MODE], [SET], [UP] or [DOWN].

- Auto-return: If no key is pressed for 90 seconds, the display will return to Alarm & Time setting.

Time setting mode:

- Press [SET] key to go to Set Time mode.
- “12hr” will flash in the display.
- Press [UP] or [DOWN] Key to alternate between 12/24 hour display format. If 24 hour display format is selected, there will be no AM/PM symbol. Press [SET] to confirm. The hour digit will flash for adjustment.
- Press [UP] or [DOWN] to adjust the hour. Hold the button for fast scrolling.
- Press [SET] to confirm. The minute digit will flash for adjustment.
- Press [UP] and [DOWN] to adjust the minute. Hold the button for fast scrolling.
- Press [SET] to confirm. The seconds digit will flash for adjustment. (Repeat step above to adjust the seconds).
- Press [SET] to confirm and return to the Alarm & Time mode.
- Press [Mode] key to return to Step Count + kcal Mode.

Technical Specification

Parameters & figures for each function:-

a. Step counter: 0 to 99999 steps
b. Calories burned: up to 9999.9 kcal in 0.1 kcal increments.
c. Target step reminder: up to 99999 steps.
d. Distance travelled: up to 999.9 km in 0.01- km increments.
e. Stop watch: up to 99 minutes 59 seconds 99 with 1/100 second display.
f. Time mode has 12/24 hour display formats selectable by user.

System parameters & figures:-

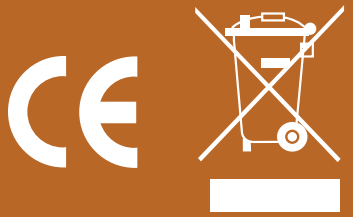
Time:	12:00am to 11:59 pm
Distance:	0.00 to 999.9 km
Stride length:	25 to 200cm
Calories:	0.00 to 9999.9 kcal
Weight:	14kg to 200kg
Target Step reminder:	00000 to 99999
Accuracy:	+/- 5%

Battery Replacement

- To open the battery compartment, unscrew and slide out the battery compartment. (refer to picture in General Features' on page 2)
- Remove the exhausted battery and replace with a new 1x LR1130 battery, observing correct polarity (as shown).
- Replace battery compartment cover and screw back into place.
- Batteries should be handled under adult supervision.
- Remove exhausted batteries from the unit.
- Supply terminals are not to be short circuited.
- If the battery leaks and comes into contact with the skin or eyes, wash immediately with copious amounts of water.
- Dispose of batteries safely according to battery manufacturer’s instructions.

Caution and Maintenance

- Avoid direct sunlight
- Do not drop the unit
- Never attempt to disassemble as it contains precise electronic components
- Clean only with a damp cloth
- Keep batteries out of the reach of children. If swallowed, consult your doctor immediately.



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